



The Campus Green

Rider University's first sustainable newsletter!

Issue 21 — September 2020



New Jersey Governor Phil Murphy signed an executive order on August 14th which implemented a mostly mail-in election for the state. The order also announced the new online Voter Registration system which went live on the Official Website of the State of New Jersey on September 4th with the goal of making it easier, quicker, and more efficient to register to vote in New Jersey. The deadline to register online to vote for the general election varies by state, below are the deadlines for the tri-state area, but an exhaustive list is available at Vote.org.

New Jersey-October 13th
Pennsylvania-October 19th
New York- October 9th

This election has been coined by many as the most significant of our generation, and with partisan tension as well as civil unrest at an all time high, we can certainly assume that it will be historic; as a generation it is time to make our voices heard.

To check if you are registered to vote in New Jersey, visit <https://voter.svrs.nj.gov/registration-check>

#RIDERVOTES

MY VOTE MATTERS:
Transforming Oppression into Opportunity (Part 1 & 2)

THURSDAY, SEPTEMBER 30 | 7 P.M.
Register in advance for this meeting: rider.edu/ridervotes-part1

TUESDAY, OCTOBER 6 | 7 P.M.
Register in advance for this meeting: rider.edu/ridervotes-part2

JOIN US!

RIDER UNIVERSITY
CENTER FOR DIVERSITY AND INCLUSION
Unity + Diversity = University

CALLING ALL CREATIVES!

Submit your art to be showcased on the Virtual National Campus Sustainability Day! Whether it's a performance, a poem, or a painting we want to see YOU and your connection to the Earth!

Entries can be submitted to brongsgogreen@rider.edu

SAVE THE DATE

National Campus Sustainability Day

Thursday, October 22nd
11 A.M. to 4 P.M.

RIDER UNIVERSITY

Since 2003, Campus Sustainability Day (CSD) has been a time to reflect on the success of the sustainability movement in higher education. It honors the achievements of, and challenges for, the tens of thousands of students, faculty, and staff working to instill sustainability principles in higher education institutions and their surrounding communities.

Green Tips

Looking for safe and socially-distanced activities this fall? Get outside! Hiking, walking, kayaking, and biking are all great exercise, lots of fun, and a great opportunity for some safe and responsible socialization! According to the CDC, local outdoor activities are the safest and most strongly advised mode of recreation, it's also a great way to connect with nature, your friends, and yourself! So this fall explore local parks, trails, orchards, and experience the natural beauty of nature.

Cut down your electric bill by being environmentally efficient. Switch to LED lights! They use 75% less energy, last 25 times longer and are brighter than non-LED fixtures. Even with the most efficient bulbs, it's still important to shut lights OFF when not in use.

Up Coming Events

Green Team Meeting (virtual), September 29th at 7 P.M.

Environmental Vote Teach-In (virtual), October 6th at 7 P.M. - Not sure what steps you have to go through to vote? Experienced faculty members can help you get everything you need to vote in this crucial election!

Green Film: The True Cost (virtual), October 13th and 14th at 7 P.M. - Learn more about "fast fashion" and the negative effects it has on the environment.

Campus Sustainability Day (virtual), October 22nd from 11 A.M. to 4 P.M. - Join us for a day of performances and fun events and games about sustainability!

Beach Sweep at Point Pleasant, Rider is teaming up with Clean Ocean Action on October 24th at the beach! 8 A.M. - 1 P.M. - Enjoy the ocean view while making the beach a cleaner place!

Ingredients

- 2 tablespoons flaxseed meal
- 1/2 cup pure maple syrup- plus 2 tablespoons
- 1/4 cup melted cooled coconut oil
- 1 cup canned pumpkin puree
- not pumpkin pie filling
- 1/4 cup Almond Breeze
- Almondmilk Original Unsweetened
- 1 teaspoon pure vanilla extract
- 1 3/4 cups white whole wheat flour - plus 2 ta-

- blespoons
- 1 1/4 teaspoons pumpkin pie spice*
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/2 cup dark chocolate chips



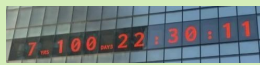
Vegan Pumpkin Muffins

How to make it:

1. Stir flaxseed with 5 tablespoons of water and set aside for “flax eggs”
2. Preheat oven to 325 F and use nonstick spray on muffin tin
3. In bowl, combine the maple syrup and coconut oil. Stir. Add thickened flax eggs. Beat.
4. Beat in the pumpkin puree, almondmilk, and vanilla.
5. In a separate bowl, stir together the white whole wheat flour, pumpkin pie spice, baking powder, baking soda, and salt.
6. Add dry and wet ingredients and chocolate chips.
7. Fill muffin tin (makes about 10 muffins).
8. Bake for 26-28 minutes.

Artists Gan Golan and Andrew Boyd unveil The Climate Clock:

Monday in Manhattan the clock read 7 years, 101 days, 17 hours, 29 minutes and 22 seconds until our emission rates exhaust Earth’s carbon budget. This is not the 1st climate clock, and the project hopes to expand in major cities around the world and on an individual scale (create your own clock on their website).



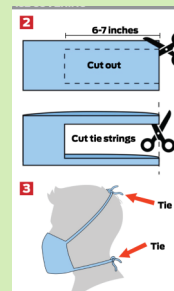
The red number, “deadline”, tracks the length until the world burns through its carbon budget if action isn’t taken to keep warming under 1.5°C above pre industrial levels. The green number is the “lifeline.” It tracks the percent of energy supplied from renewable sources. “Simply put, we need to get our lifeline to 100% before our deadline reaches 0,” but “This is not a doomsday clock; the number is not zero. It’s telling us there is still time, but we can’t waste it.” In an era of rebuilding and adjusting to life in a pandemic, the artists hope that their work will encourage the public to come together and ‘flatten the carbon emissions curve.’

Homemade Mask

Make the most of your old Tee Shirts by turning them into a do it yourself mask!

WHAT YOU WILL NEED: T-shirt + Scissors

HOW:



1. Cut the bottom of your T-shirt of a length that covers the top of your nose to under your chin
2. Make cuts in the T-shirt of around 6-7 inches in an elongated c-shape to make ties for the mask
3. Cut off the mask and strings from the rest of the shirt
4. Cut the straps down the middle, + adjust length of straps as desired

Sustainability Spotlight



Meet our newest Eco-Rep!

What do you do here at Rider University? What is your favorite part of being an Eco-Rep so far?

Hi! My name is Muriel Baki and I am a sophomore double major in Arts and Entertainment Industries Management with a concentration in Commercial Music and Theater with a concentration in Acting and a minor in Sustainability Studies. I am an SGA Senator, and the Secretary of the AMA board. My favorite place on campus is the Hammocks. I usually go there to get work done or spend time with friends between classes. My favorite part of being an Eco-rep so far is getting to meet new people who share my love of Sustainability and the earth through our events such as Green Team meetings, the Green Film, or Campus Sustainability day! It’s so great to connect with people over our shared interest.

What is your past experience with sustainability that made you want to become an Eco-Rep?

I grew up in Northern New Jersey (very rural-we’re talking cows and cornfields) and my Dad was the director of the Community Supported Agriculture at Genesis Farm (an organic farm supported by the community it serves). Growing up knowing exactly where my food came from, I always felt very connected to the planet. I also attended Ridge and Valley Charter School, which is a sustainability based charter school. My elementary experience included not only learning to read and write, but also the structure of a watershed, how to build a campfire, and which plants had healing properties or not. My (somewhat unconventional) childhood had me hiking, gardening, camping, and gave me a strong appreciation for the Natural World. My passion for sustainability centers around protecting that beauty and experience for other people and future generations.

What does sustainability mean to you and what change are you most looking forward to bringing about at Rider?

Establishing in a homeostatic relationship with the earth. In nature, there are many natural cycles but they almost always return to balance and equilibrium. Our current lifestyle as a society is harmful to the greater balance of the planet. To me, sustainability means living in a way that does not harm or interrupt the balance. I am really excited to educate the Rider community about the legislative changes that we can write, support, lobby and vote for that will limit the harmful impact of huge corporations on our environment.

SUSTAINABILITY IS ALL ABOUT PRESERVING THINGS AND LEAVING THEM BETTER OFF FOR FUTURE GENERATIONS. IT FOCUSES ON PEOPLE, PLACE, AND PROFIT



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